

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Coffee with Friends 11:00 Inter generational Mother Goose Program 2:00 BINGO! <small>May Day</small>	2 10:00 Coffee with Friends 1:30 Activity with Heidi	3 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Games with Jasmine	4 10:00 Coffee with Friends 2:00 BINGO!
5 10:00 Coffee with Friends 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series <small>Cinco de Mayo</small>	6 10:00 Coffee with Friends 1:30 Music with Linda (Her Last day come say farewell with Tea & Cupcakes 2:30)	7 10:00 Coffee with Friends 11:00 Fitness with Viv	8 10:00 Coffee with Friends 11:00 Inter generational Mother Goose Program 2:00 BINGO!	9 10:00 Coffee with Friends 11:00 "Appellation" Performs for Mother's Day 1:30 Activity with Heidi 2:30 Mothers Day Tea	10 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Games with Jasmine	11 10:00 Coffee with Friends 2:00 BINGO!
12 10:00 Coffee with Friends 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series <small>Happy Mother's Day</small>	13 10:00 Coffee with Friends 1:30 Music with Kai	14 10:00 Coffee with Friends 11:00 Fitness with Viv	15 10:00 Coffee with Friends 11:00 Inter generational Mother Goose Program 2:00 BINGO!	16 10:00 Coffee with Friends 1:30 Activity with Heidi	17 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Games with Jasmine	18 10:00 Coffee with Friends 2:00 BINGO! <small>Armed Forces Day</small>
19 10:00 Coffee with Friends 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	20 10:00 Coffee with Friends 1:30 Music with Kai <small>Victoria Day (Canada)</small>	21 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Folk 'n Rock Tunes with Avril & Ron	22 10:00 Coffee with Friends 11:00 Inter generational Mother Goose Program 2:00 BINGO!	23 10:00 Coffee with Friends 1:30 Activity with Heidi	24 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Games with Jasmine	25 10:00 Coffee with Friends 2:00 BINGO!
26 10:00 Coffee with Friends 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	27 10:00 Coffee with Friends 11:00 Residents Council Meeting 1:30 Music with Kai <small>Memorial Day</small>	28 10:00 Coffee with Friends 11:00 Fitness with Viv	29 10:00 Coffee with Friends 11:00 Inter generational Mother Goose Program 1:30 Arm Chair travel "Calcutta" (Susannah)	30 10:00 Coffee with Friends 1:00 Monthly Birthday Cake 1:30 Activity with Heidi	31 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Games with Jasmine	Tea & Coffee will be set up in the Front Lobby at 2:30 Everyday

BRAEHAVEN RECREATION CALENDAR 2024

*ALL PROGRAMS SUBJECT TO CHANGE